Go To **War** For Your Goals

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Chapter 1

There comes a point in your journey when you're faced with **two** choices:

1. You either settle for mediocrity, continue doing what you've always done, believe you aren't capable of transforming your life, and live the remainder of your days without ambition.

Or

2. You get off your ass, you stop feeling sorry for yourself, you stop procrastinating, you pull yourself out of the mud, and you finally fucking go for your dreams. You settle for nothing other than your ideal goals and outcomes.

Where are you today? Do you feel stuck? Do you feel it's too late to make something happen in your life? Do you feel too old, too worn out, too young, too different, too broke, too oppressed, too overweight, too unattractive, or too [fill in blank]? Are you number one or number two? If you're reading this book, you're likely number one.

This book will be short and sweet, like most of my books. My goal is to light a fire within your soul and help you push yourself to where you ultimately want to be.

Nothing is impossible if you believe and pair your belief with consistent action.

You can put down this book right now if you're number two. Go read something else.

Chapter 2

Most people will never reach their goals because they don't know how to handle obstacles, resistance, failure, and disappointments.

Many people will never reach their goals because they don't know how to ignore the word "no."

Here's my thoughts about the word "no":

Fuck it.

As soon as you meet resistance, this is your opportunity to measure your commitment to making your goal your reality.

How bad do you fucking want it? How hard will you work for it? How much will you sacrifice in exchange to manifest your goals? How committed are you to the process?

Most people don't want it bad enough. Most people want to continue sleeping. Most people want to binge their favorite show. Most people

want to eat one more donut. Most people want to live above their means. Most people want to skip the workout. Most people want to settle in their relationships with people who don't add significant value to their lives. Most people want to stay in bed instead of waking up early enough to put in work on their goals.

Mediocrity is so damn comfortable and addicting. Comfort is one of the best feelings in the world, and it's why most people will never reach higher places.

Pain, discomfort, and inconvenience accompany the path of most resistance. Discipline is pain. Commitment is pain. But if you avoid these, life will hand you pain anyway.

You either deal with the pain of discipline or the pain of regret. Choose your poison wisely.

Chapter 3

I recall accomplishing one of the most significant goals in my life. It was great. I finally did it.

Then, about half a year later, all my progress evaporated. But I quickly found a new way to pivot and still make progress. Then, two months later, all my progress evaporated again.

At that point, I knew I was ready for anything. I researched solutions, meditated, and remained relatively calm. If I wanted to achieve the next level, this was merely an obstacle to help me learn how committed I was to my vision.

I could've been like, "Fuck it. I'm not doing this shit anymore. For what?" Instead, I wrapped my head around the situation and forged a new path.

Something good can always come from any situation -- no matter how dark, disappointing, and defeating it is.

Digging deep within yourself, holding onto your vision, clasping the only bits of strength you can find within your soul...this takes **resilience.**

Resilience is one of the traits the world class and champions possess. They're willing to stay in the ring even when they feel nothing is left inside them. They're willing to stay in the ring even when they've already got knocked out several times.

"You cannot keep a committed person from success. Place stumbling blocks in their way, and they take them as stepping stones and will climb to greatness.

The person who succeeds has a program; they fix their course and adhere to it; they lay their plans and execute them; they go straight to their goal. [..] every time a difficulty is thrust their way, if they can’t get over it, they go through it" (177 Secrets of the World Class).

Chapter 4

Champions make "Do or Die" commitments (Steve Siebold).

They just don't let up. They can't. They can't quit. They can't quit on themselves. They can't quit on their dreams. It's impossible for them to quit.

They're committed to the process. They're committed to their goals. They're committed to their ideal outcomes.

They eventually get to a point when they ignore pain; they simply stop feeling because they've reached an obsession-like point that creates an insatiable hunger to achieve their goals without fail -- the point of no return.

Chapter 5

The difference between the undisciplined and the disciplined is their approach to their goals.

The undisciplined work on their goals *sometimes*; if they feel like working on their goals, they'll work on their goals. But if they're not in the mood, nothing gets done. Eventually, they stop working on their goals altogether because inconsistency breeds a new habit: **not** being committed to your goals.

The disciplined and committed work on their goals relentlessly until they achieve them. They rarely take days off; they maintain an unwavering level of dedication. When things heat up and get challenging, they dig even deeper into an unknown place they didn't realize was within them.

Where do you fall?

Chapter 6

It's challenging to be productive in a world full of distractions. You have unlimited access to content; there are endless shows to watch, endless people to watch live their lives, endless applications to waste your time on, and endless opportunities to engage in escapism (e.g., drugs, alcohol, addiction, etc.).

It's easy to allow your time to disseminate into oblivion.

The disciplined and committed are wary of who and what their time goes to. They prioritize their goals above all else and never settle for de-prioritizing their goals. They make progress in a world that dangles distractions at every angle.

Are you allowing distractions to ruin your progress and destroy your time?

Chapter 7

A burning desire.

Napoleon Hill suggests pairing a burning desire with definite, purposeful action. With this combo, nothing can stand in your way.

What do you want to accomplish? What is the vision you have for your life (without limits)? Who do you want to be? How do you want to live? What goals do you still want to achieve?

What's stopping you from making these answers your reality?

There's only one answer: **you**.

All limitations are self-imposed.

Chapter 8

Nothing is comfortable about reaching the next level, breaking through a mental, physical, or emotional barrier, and escaping your comfort zone.

"Professional performers know *they will have to endure an unknown level of suffering along the road to victory*" (Steve Siebold).

There is no escape from pain in the journey of achieving one's goal.

Successful people know there is a price to pay, and they are willing to pay whatever that price cost.

Chapter 9

Questions and thoughts will visit your mind as you progress on your journey. The questions and thoughts will be distracting, make you consider deviating from your goals, and potentially pull you off course.

Why should I keep going?
What's the point of all of this pain?
What am I doing this for?
Is it even worth it?

None of this work will go anywhere.
Nobody close to me is working like this.
I could be doing x, y, and z.

Remember, thoughts are just thoughts.
Always hold fast to your goals. **Keep the long-term vision in mind.**

Go to **war** for your goals. Fight for yourself. Don't let up. Reach the finish line. You can do it if you believe you can.

Thank You

Thank you for reading.

Thank you for bettering yourself.

Quotes of The Day

Keep the long-term vision top of mind.

Be a machine. Execute without fail.

Never settle. Never compromise.

"Your potential self is infinite."

Habits create your destiny.

Discipline is destiny.

Stay an outlier.

Commit once.

Pain is good.

Deviate.

Word of the Day

Live out your purpose each day. Work on your goals daily. Never quit on yourself. Fight through inertia. Fight mediocrity, one of the most addicting drugs.

10 Commitments

1. Commit to personal development, your purpose, and your goals.

2. Commit to living below your means.

3. Commit to never settle with mediocrity for yourself and others.

4. Commit to minimalism over materialism.

5. Commit to not engaging in any addictions.

6. Commit to holistic health (mentally, physically, emotionally, spiritually, financially, professionally, and relationally).

7. Commit to giving generously.

8. Commit to knowing, learning, and exploring thyself.

9. Commit to saying "no" and setting boundaries to people, obligations, opportunities, and unhealthy desires.

10. Commit to self-discipline in all areas of your life.

Commit once.